



STRESSED TEENS

Are you feeling overwhelmed or stressed-out? The MBSR-T (Mindfulness-based Stress Reduction for Teens) program will help teens 13-18 years of age learn simple, yet effective mindfulness practices. In this 8 week class you will use the techniques of mindfulness to intentionally focus awareness and observation of your emotions and behaviours from moment to moment. You will develop a set of tools you can use in stressful situations, learn meditation, improve concentration and creativity, learn emotional regulation techniques, and take time out for you without feeling selfish.

CLASS LOCATION: Touchstone Family Association

#120 – 6411 Buswell Street, Richmond, BC

Cost: \$20 for materials

(Financial aid available upon request)

WHAT IS MINDFULNESS?

Mindfulness is noticing your thoughts, feelings, and physical sensations in the present moment without judgement.

For more information please contact:

Group Facilitators – Lisa Ward, MA, RCC, Certified MBSR-T Instructor & Kelly Gault

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To know more about the program please visit <http://www.stressedteens.com/>

